

“Holy Habits for a Happy New Year”

The Holy Habit of Fasting

- I. Introduction to Spiritual _____

- II. Reasons we don't _____ fasting

- III. Introduction to _____ (Matthew 9:14-15)
 - A. Fasting is _____ from food for a spiritual purpose
 - B. Fasting is not commanded but it is _____

- IV. _____ Purposes for Fasting
 - A. To strengthen our _____
 - B. In seeking God's _____
 - C. As a way to express _____
 - D. In seeking deliverance or _____
 - E. Helping us _____ and return to God
 - F. In _____ ourselves before God
 - G. To express concern for God's _____
 - H. To minister to the needs of _____
 - I. To help fight _____
 - J. To express our _____ for God

- V. Suggestions on how to _____ fasting (Matthew 6:16-18)